

ROWING MACHINE

ABSTRACT OF THE DISCLOSURE

5 A rowing machine is constructed to include a sloping angle-adjustable
base frame, a foot rack selectively and pivotally mounted on the base frame at
the front side, a rocker arm coupled with a detachable handlebar for rowing
exercise to stretch elastic cord members, a slide slidably mounted on two
parallel rails of the base frame to support a seat and a collapsible back, and two
10 elastic pull cords detachably fastened to the base frame for pulling by the user
sitting on the seat.